

Cascades INSIGHT



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March Graduation Speech

by Chris Harveston

Alright, everyone. I'm going to try and make this short and sweet. If you asked me two years ago... standing up here today is the last place I'd ever imagine being right now. It's been through my endeavors here at Cascades over the past year and a half that I've

become the person I am today. When I first decided to come to Cascades, I had near no ambition, motivation, or care for where I was going in life... living a somewhat illegitimate lifestyle. I now leave

the complete opposite—full of ideas, motivation, ambitions, and goals on how I'm going to be successful on my journey through life. The person I've grown into is due, in large part, to taking the Cement Masonry trade run by none other than Fred Booth. It's been through his teaching of our trade and work ethic that I have a whole different outlook on work and what it takes on a jobsite to be the best there is. For that, I thank you, Boss.

It was through working with Robyn Albee while serv-

ing as S.G.A. President for nine months and the talks we had during and after my term, that I found a certain level of understanding of myself and was shown the true potential inside me that people had always spoken to me about. You have been a great Men-

tor, and more than that, a member of my family. For that I'd like to thank you, Robyn.

It was through working with Harvey Ruschman while attending the TEAPS Group for a time while

here at Cascades, that I am now able to look myself in the eyes when looking in the mirror, and have forgiven myself and others for choices made in my life. Allowing myself to face inner demons and rid myself of them was a huge step for me, and has allowed me to prepare for an everlasting battle against certain temptations in my life. For that, I'd like to thank you, Harvey.

I'd also like to thank Kim, Kathy, and Keith for the patience and laughs shared

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Tree Planting with Skagit Fisheries Enhancement Group



Cascades Job Corps students assisted Skagit Fisheries Enhancement Group with volunteer planting events. Here they are shown at Day Creek. Please see letter on page 3.

Cascades Student Awards: March 2006

presented at the April 3, 2006 Assembly

ACADEMICS

Math: Abigail Zwer & Stormy Hayes

Reading: Carl Lee

BIT: Robert "Dustin" Ash

Work-Based Skills: Amanda Miller

Work-Based Learning: Melissa Golden, Rachel Cooper, Vincent Caliendo

VOCATIONAL TRADES

Cement Masonry: Jim Pia

Carpentry: none chosen

Facilities Maintenance: Kevin Black

Electrical Wiring: Lester Honts

Painting: Brian Radeck

CENTER VOCATIONS

Medical Assisting: Trisha Simms

Health Occupations: Meghan Vail

Culinary Arts: Jessie Hawkins

Dental: Michelle Davidson

Business Clerical: Timothy Dawson

Medical Office Specialist: Stephanie Maines

DORM LEADERS

Mt. Rainier: Suleyman Yusef

Evergreen: Leondis Glenn

Challenger: Kenneth Stenek

White Water: Mohamud Elmi

EMPLOYABILITY SKILLS

Alem Bayu, Derrick Gallard,

Danielle Bryan, Alberto

Flores, Benson Freeman

CENTER AWARDS

Recreation: Jeremy Valdez

Community Service: Victor Sanchez

Center Support: John Boswell

Food Service: Jessie Hawkins-Lewis

Overall Cascades Male Student: Benson Freeman

Overall Cascades

Female Student:

Stephanie Maines

Dorm of the Month:

Evergreen

2nd Place Dorm of the Month: Whitewater



Sports Tournaments Foster Teamwork



A recent basketball tournament had everyone scrambling.

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Center Director's Message Bulletin Board



by Kim Shillinger

Our annual assessment by the Department of Labor was recently completed. A team of seven reviewers visited our center and stayed for a week. They paid us many compliments and had many positive comments about the students, the staff and the center. They said our students were outgoing and friendly. They commented on how involved our students are with the success of the center. They also gave us a few suggestions on how to improve the center. It was a great review. They said our final score will be high.

We have a beautiful center. Spring has arrived and our campus is blooming with color. The grass is growing and the sun is beginning to emerge from behind the clouds. I want to thank all the students and staff for their efforts to keep our campus clean and free from litter, it looked great during the assessment. I want to encourage you to keep it clean all the time.

Please remember to stay focused on your goals and dreams. By accomplishing your goals here, another step toward realizing your dreams is taken. Your chances for success and happiness in the world will be greatly enhanced by completing your education and training. Please, don't do anything that will jeopardize your ability to stay in the program.

Editor's Corner

How fast time flies. Here is another Spring. A time of renewal, a time to shine, a time to display vibrant colors.

Spring is a time to reset your goals, to establish your place in life. Spring can be a time of sunshine in your life... a time to be a vibrant example, lifting other people's spirits.

Spring is a time to renew, to recharge your batteries, and to give thanks for all the effort that Mother Nature gives to brightening our lives. Help other people see and enjoy the bright spring at the end of the tunnel.

Victor Sanchez, Community Service Student of the Month

Victor is 20 years old and has been at Cascades since January 2005. His home town is Yakima, Washington. He chose Electrical as his trade. Victor is a Residential Office Assistant in Mount Rainier dorm.

"Job Corps has helped me learn English and understand the diversity of people here. Job Corps is a great opportunity for a better life and a trade that pays well," Victor said.

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visit our website at <http://cascades.jobcorps.gov/>



Diversity: Women's History Contest Winners

- | | |
|------------|-------------------|
| 1st place: | Liyu Yirdaw |
| 2nd place: | Michelle Davidson |
| 3rd place: | Robert Cagle |
| 4th place: | Deckeone Newton |
| 5th place: | Melissa Verlander |



Champions of Diversity Scholarships Awarded To Three Cascades Students

Scholarships were awarded by seven institutions, local businesses, and community organizations to 31 local high school students during the sixth annual Champions of Diversity Awards Ceremony, held in November 2005 at Skagit Valley College in Mount Vernon. The scholarships were awarded to students who distinguished themselves in leadership, community service, academic abilities, and education goals. Three students at Cascades Job Corps Center, who attended the State Street High School satellite campus, received scholarships.

Svetlana Avdeyeva received an Evergreen State College scholarship of \$3000. She is a native speaker of Russian and is recognized as an exceptional translator. Svetlana is an active member of the Mount Vernon Chamber of Commerce. She plans to earn a business administration degree.

José Lopez received a KSVR Radio Bilingüe scholarship of \$2500 to attend Skagit Valley College. José is a student ambassador at Cascades Job Corps Center and conducts tours and represents Cascades Job Corps Center at events. José is an active member of the Raza Unida Club and is recognized as an exceptional student employee in the Business Technology trade. He plans to pursue a degree in music.

Lydia Yancey received a \$500 scholarship to attend Skagit Valley College. Lydia is active in the Raza Unida Club and the Diversity Committee at Cascades. She is a leader in her dorm and has performed outreach in the community. She plans to study Nursing.



Carl Lee, Student of the Month

Carl is 24 years old and came to Cascades Job Corps from Tacoma, Washington in July 2005. He chose Carpentry as his trade. Evergreen dorm is his home at Cascades, where he is a Floor Leader.

"Job corps has helped me in learning leadership skills, computer skills and how to adjust to a new environment. I plan to continue and be successful in the carpentry trade," Carl stated.

His advice to students is... "pursue your dreams; at first things are tough, but stay out of trouble and remember the staff are here to help you," he concluded.



GED Achievers

- Terrin Giusti*, 3/17/06
Cheyanne Sebree*, 3/20/06
Ruthie Robinson, 3/23/06
Mark Merritt**, 3/24/06
Roger Pablo, 3/24/06
Brian Aguilar*, 3/30/06
Jessica Jones*, 4/3/06
Leondis Glenn*, 4/3/06
James Smith*, 4/4/06
Mike Parker, 4/6/06
Zach Henry, 4/11/06
Candace Pringle, 4/13/06
Dustin Ash**, 4/13/06

* Honors (2,500+)
** High Honors (2,700+)
*** High Honors With Distinction (3,000+)

Perfect Attendance for the Month of February 2006

Twelve Months

Trisha Payne

Thirteen Months

Rahel Gebremariam
Ariadna Puente-Gomez
Katharine Simpkins

Fourteen Months

Le Tuan

Fifteen Months

Tije Lajuan
Jason Le
Josue Toj

Sixteen Months

Maricela Flores-Carrasco
Million Kassie
Christopher Miller

Nineteen Months

Tina Feltman

Twenty Months

Samuel Chapman
Alberto Flores-Carrasco

Student Government Association meetings are every Thursday at 6 PM in the Cultural Center.

Dorm points are increased by one point for each participant. Please attend and get involved.

Student Poetry

Home

by Bernie Grong

Sometimes I look around and think
how did I get here? what am I doing?
It feels like all hope starts to sink
as if the sun will never shine again.

How I long to feel the breeze,
smell the sun, hear the waves.
Sometimes I feel that I've forgotten
like I'm blind, in a dark and damp cave.

As if I have no legs to stand
I want to get up, but something is holding me down.
I wish to once more feel the sand.
I want to so bad... but I can't.

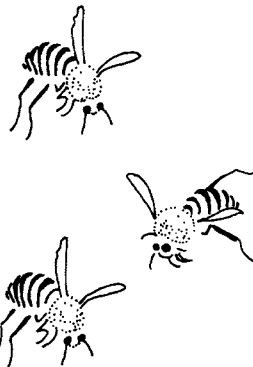
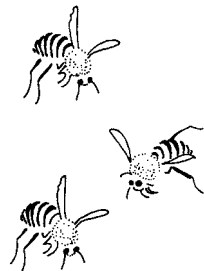
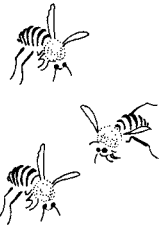
I'm invalid, blind, deaf, and dumb.
The noose is getting tighter.
That light seems so much farther away.
Trying just gets harder and harder,
A voice says, "Just give up for the day."

"It would be so easy," the voice said.
But through the dark I see a spark.
So I struggle through instead.
So hard, so close, yet so far.

On and on I go... sometimes doubting,
but still I stay true.
Until I can't believe what I'm seeing.
I seem weightless, loose, and free.

Finally, once again, I feel the
touch of the crisp cold breeze,
I feel the gritty hot clingy sand.
The taste of ocean seems sweeter.
when the sun smiles its bright
light all over the land.

That's when I know, that all is good.
No more trials, no more struggling.
Everything will be as it should.
I'm still here, but now I'm smiling.



Choices

by Angelica Griffin

Here in this world
So many choices to make
There are people to love
And people who hate.

I must take my life
One day at a time
And keep my space
From the moments of crime.

I give thought to people
Who run with no gain
And go throughout life
Encouraging pain.

They may never know
The passions of love
Because the choices
they make
Don't come from above.

Take a minute to think
Before you do what you do
'Cause in return of all wrong
It will come back to you.

Here in this world
So many choices to make
Make the choice to
spread love
And give rest to hate.

Learn to embrace
change, and you will
begin to recognize that
life is in constant motion
and every change
happens for a reason.

March Graduation Speech by Chris Harveston

continues from page 1

in the Director's meetings we had while I was in S.G.A., as well as allowing me the opportunity to go to Washington DC. Brian Hurst, I thank you for everything you taught me, and the talks we had while I was a Student Ambassador. I know I can always call if I need anything and appreciate all that you did for me and for giving me the Public Relations experience I gained while in that position. Also, Derek Janson and Dave Anderson, I thank you for all the moments we shared and the memories as well. From ducks to snowballs, we've made memories I won't

soon forget. I'd like to thank the rest of staff for being there for the students at any given time and all that you've done for me.

Last but not least, I thank God for the friendships I've made up here, including my fiancée Tiffany, my brothers Tim and Mikie, as well as Christine, Shayla, Micheala, Joe, Brian, Josh, Justin, Mark, Chapa, all my boys on 1st floor EV, and all my masonry brothers as well. I want to thank you all for what you've been to me and making my stay here at Cascades that much better.

A recent interview with the Dalai Lama saw this question posed: "When you have negative emotions, what are they?"

His answer: "Anger. Jealousy. And some feelings of hopelessness. Anger always lowers you and is always harmful. Jealousy, too. If some bad things come and remain forever, there is a certain reason to feel hopelessness. But this doesn't happen. Things are always moving, always changing. If we envision that, there is no reason to feel hopeless."

Tolerance and respect are the essential ingredients for peace.

Letter to Cascades

Dear Cascades Job Corps Center Volunteers,

On behalf of Skagit Fisheries Enhancement Group (SFEG), I want to thank you and the Job Corps students for assisting us with volunteer planting events. It is always a pleasure to work with the young people that you bring to our events.



In the past year, Job Corps students have volunteered 246 hours, valued as a \$3,690 in-kind contribution. For an organization that depends on community and volunteer involvement, this means a lot to us, in several ways.

In addition to the contribution of volunteer time, SFEG values the opportunity for our staff and volunteers to meet and work with young people from a variety of cultures. It is a great asset



to the community to have such a diverse crew of volunteers. We believe it is a valuable learning experience for the Job Corps students too. Many of these students have not had the experience of working outdoors for conservation, and show their enthusiasm and thirst for knowledge about a Northwest icon and valued resource, the Pacific salmon. They learn about the value of community service, and about the habitat requirements of salmon, and ways we can all help them to recover.

I should also add that we really appreciate the service the Culinary Arts students have provided at our Annual Meeting Dinner in 2003, 2004 and 2005. What a professional, friendly group of students.

We look forward to continuing this working relationship with Cascades Job Corps well into the future. They are a great asset to our organization and our community.



Sincerely, Lucy Applegate, Outreach Coordinator;
Arn Thoreen, President, SFEG Board and Day Creek Community Club; and Jim Johnson, SFEG Board Secretary and Sedro-Woolley Planning Commissioner

Education Program Celebrating Its 10th Year

The Sedro-Woolley School District and Cascades Job Corps worked together in establishing a program that gives Job Corps students the opportunity to earn their high school diploma.

This program started in 1996 and has been very successful. Andy Wheeler, State Street High School Assistant Principal said, "The melding of a model education program with a successful vocational trade program is a win-win opportunity for Cascades Students. I believe that this is one of the best programs in the state."

The education program is a satellite of State Street High School

in Sedro-Woolley, and is located next to Cascades Job Corps Center at the North Cascades Center Campus.

The state has allocated 118 FTES. There are six instructors, one administrator, and one secretary assigned to the program. Barb Askland is the principal of State Street High School.

There are many students who have come to Cascades and want to earn a high school diploma. This program serves that need, regardless of age or ethnicity. A GED program is also offered by Cascades staff.

Interviews with State Street High School Instructors

Interviews by Carolyn Zepeda

Interview with Mr. Henry



Tom Henry, Washington State Civics and Current Events instructor

CZ: How long have you been teaching here?

Mr. Henry: I started in the fall of 1996 as the Driver's Education instructor.

CZ: Describe your experience with Job Corps students.

Mr. H.: Love it. Best teaching experience a teacher could have. I wouldn't want to be anywhere else. I love the diversity, the age difference, location, and maturity of the students, and how different everyone is.

CZ: What made you want to teach here?

Mr. H.: Student population, cultural backgrounds, and maturity. Before, I was a truck driver.

CZ: Would you recommend Job Corps to other teachers?

Mr. H.: Absolutely, especially older teachers, it is such

a wonderful experience.

CZ: Are there any words of encouragement for the students here at Job Corps, that you would like to say?

Mr. H.: Never, ever quit. Job Corps and education in general. As long as you keep an open mind, education is the key, just continue teaching yourself. I learn from you as much as you learn from me, and I've learned patience.

Interview with Mr. Amen

CZ: How long have you been teaching here at Job Corps?

Mr. Amen: Since August 1, 1994.

CZ: How do you like working with Job Corps students?

Mr. A.: I love working with Job Corps students. If I didn't like it, why would I be here? I've seen about 3000 students.

CZ: Would you recommend Job Corps to other teachers?

Mr. A.: Not if they don't have a well-organized life, they would have to have a good sense of humor and a large amount of patience.

CZ: What do you enjoy most about teaching here?

Mr. A.: The students, because there is such a wide range and 97% of them are really good people. And the other staff, you have to like the people you work with, and I do.

CZ: Do you have any words of encouragement for the students?

Mr. A.: To get ahead, you need to think ahead, plan ahead, and work hard to get to your goals. Life only gives you so many chances, take advantage of every one.



Bill Amen, Economics, Global and U.S. History instructor

Interview with Ms. Edwards

CZ: How long have you been working here?

Ms. Edwards: Nine and three quarters years at Job Corps, and ten and a quarter years at State Street High School, it will be 20 years all together in July.

CZ: How do you like working with Job Corps students?

Ms. E.: I love it, because it's neat working and helping in changing someone's life.

CZ: What do you enjoy most about working here?



Renee Edwards, Science and Math instructor

Ms. E.: I like the wide variety of people and activities, and especially the students, at least most of them.

CZ: Why did you come here?

Ms. E.: It gave me an opportunity to use my teaching ability and an opportunity to change lives.

CZ: Would you recommend Job Corps to other teachers?

Ms. E.: Yes, but only if they were interested in helping the overall person, and not just high academic achievement.

CZ: Do you have any words of encouragement for the students?

Ms. E.: In the past 20 years I have watched many students struggle and persevere, so don't give up on your goals.

A hundred years from now it will not matter what my bank account was, the sort of house I lived in, or the kind of car I drove. But the world may be different because I was important in the life of a young person.

Senior Project Presentation

Marshall Islander Reviews Past Atomic Testing in the Marshall Islands After World War II

Suliah Sikong is from the Marshall Islands. He has earned his High School diploma while at Cascades Job Corps. His High School senior project was researching the human affect of atomic experiments done in the Marshall Islands by the United States years ago. He documented the forced evacuation of islanders when the testing was done.

The islanders were promised that they would be able to return after the testing was over, but the continued

radiation forced permanent evacuation.

One island completely disappeared after an atomic bomb was exploded over it.

In the areas where bombs were exploded over the water the fish and other sea life are still unusable for food because of the high levels of radiation.

In conclusion, Suliah said that the dislocation of these people has caused a great strain on the islands' peoples. Groups that must now

live together have difficulties because of their diverse cultural differences.

The education department at the State Street High School satellite (next to Cascades Job Corps) were the judges and they gave Suliah praise for a good presentation.

He is a Health Occupations student at Cascades and plans on continuing his education to get a Registered Nursing degree.



Suliah Sikong presents his senior project.

Interview with Mrs. Henry

CZ: How long have you been working here?

Mrs. Henry: Since 1997, end of October, I remember because everyone was dressed up.

CZ: Why did you start working here?

Mrs. H.: I had just graduated from college (getting my teaching degree), and started substituting here and other local schools.

CZ: What do you enjoy most about working here?

Mrs. H.: The students, we have fun together. I love the ideas they have.

CZ: Would you recommend Job Corps to other teachers?

Mrs. H.: Absolutely, but it would have to be a very special teacher because of the weird schedules we have.

CZ: How do you like working with Job Corps students?

Mrs. H.: I love it, I thought I wanted to teach elementary kids, but just fell in love with the students here. I haven't taught many elementary students.

CZ: Do you have any words of encouragement for the students?



Mary Henry, English and History instructor and she is in charge of Senior Projects

Mrs. H.: you can do anything you put your mind to. My students have shown me over and over they can do it.



Sandy Bonilla, ELL instructor

This is the beginning of a new day. You've been given this day to use as you will. You can waste it or use it for good. What you do today is important because you are exchanging a day of your life for it. When tomorrow comes, this day will be gone forever; in its place is something you've left behind... let it be something good.



Auston Papritz, Special Education instructor

Unless you try to do something beyond what you have already mastered, you will never grow.



Andy Wheeler, vice principal at State Street High School



Jill Paulsen, secretary



Debbie Ganske, secretary

Cascades Community Relations
Council Member Honored Recently



Stan Sygitowicz, long-time Community Relations Council member celebrated his 89th birthday the day of the Cascades Pasta Feast, March 9, 2006. He is shown here accepting a "birthday token" from Brian Hurst and Sedro-Woolley mayor Sharon Dillon.

Need to Know: Health Issues
Huffing, Sniffing, Dusting: The Danger of Inhalants

by Lisa Lewis

Are whipped cream and nail polish remover really dangerous? Experts say yes, based on recent huffing trends. Many of the products you have around the house, such as correction fluid and aerosol hair spray, can be even more harmful than many illegal drugs if deliberately inhaled. Misuse of seemingly innocuous household products is part of a growing and dangerous trend among teens and tweens that can have fatal consequences. Called huffing, sniffing, or dusting, it's on the rise even as overall drug use

by teens continues to decrease. Last year, the Partnership for a Drug-Free America found that approximately one in four eighth-graders had tried huffing at least once. "Just look under your kitchen sink or in your cupboards," says Harvey Weiss, executive director of the National Inhalant Prevention Coalition in Austin, Texas. "There's a menu of products that can be mis-used."

Dangers of Huffing

Kids use household products to get high because those items are cheap and easily available. But while the products themselves are perfectly safe when used as directed, they can be fatal if used as inhalants. "Even a single use can cause death," says David Shurtleff, PhD, a division director at the National Institute on Drug Abuse in Bethesda, Maryland.

continues on next page

Horoscopes from Astrology-Online.com

by Michael Thiessen ©2006.

ARIES
(Mar. 21~April 20)

Go out shopping this month. If everyone wants to do their own thing, let them. Don't believe everything you hear. You will feel better about yourself and you may also meet potential lovers. Your luckiest events this month will occur on a Saturday.

TAURUS
(Apr. 21~May 21)

The talk you have may be eye-opening with regard to your present situation. Be professional, and you will advance much more quickly. You may be out of sorts if you have been extravagant or have let children or friends take advantage of you financially. Be careful not to divulge secret information this month. Your luckiest events this month will occur on a Sunday.

GEMINI
(May 22~June 21)

You may find that your anger stems from lending or borrowing money. You can meet a new romantic partner or secure the love connection you already have by going out and entertaining yourself. Look into career choices and courses being offered. Be

aggressive and colorful, and you will get your way. Your luckiest events this month will occur on a Monday.

CANCER
(June 22~July 22)

It's time to get yourself back on track. Be discreet and don't reveal any personal information. Avoid functions that will bring you in contact with those you find difficult to get along with. Difficulties with your mate may lead to estrangement. Your luckiest events this month will occur on a Saturday.

LEO
(July 23~Aug. 22)

Your mind may not be on the job. You should be looking at ways to spoil yourself. You will be relentless when it comes to getting yourself back into shape. Follow through on some of the good ideas that come up, and you could have a real winner of a deal. Your luckiest events this month will occur on a Thursday.

VIRGO
(Aug. 23~Sept. 23)

Look for professional guidance if it will help unite the family. Matters pertaining to your home environment will

be favorable if you are direct. Sign up for seminars that will expand your business awareness. You can make money, but try not to let it slip through your fingers. Your luckiest events this month will occur on a Tuesday.

LIBRA
(Sept. 24~Oct. 23)

Communication must be open, precise, and honest. Be prepared for an active but rewarding day. You must not let fellow workers take advantage of your fine talents. Opportunities to pamper yourself may unfold. Your luckiest events this month will occur on a Tuesday.

SCORPIO
(Oct. 24~Nov. 22)

Make sure that new mates live up to your high standards. The answers can only come from within. Try looking into new ways to make extra money. Make sure that new mates live up to your high standards. Your luckiest events this month will occur on a Monday.

SAGITTARIUS
(Nov. 23~Dec. 21)

Remember that no one can walk through your door

if there's someone standing in the doorway. Listen to the problems of others and offer suggestions where possible. Be careful when using machinery or electrical equipment. Your practical approach to life may charm someone who has been observing you. Your luckiest events this month will occur on a Thursday.

CAPRICORN
(Dec. 22~Jan. 20)

Don't push your mate if you want to keep this union going. You can increase the value of your dwelling. Look into residential moves that will give you more space. You can accomplish a lot if you work out of your home this month. Move forward if you want to turn your life around. Your luckiest events this month will occur on a Thursday.

AQUARIUS
(Jan. 21~Feb. 19)

A little overtime may help you reduce the workload. You may be more emotional than usual. Relationships will become stronger. Don't bother complaining, do the work yourself. Your luckiest events this month will occur on a Friday.

These horoscopes are cast as an "in general" type. They may not apply at all to some because many other factors may be involved (cusps, ruling houses, etc.). I hope you gain some insight from this and find it entertaining as well as useful. Copyright Notice — Used with kind permission of Michael Thiessen.

PISCES
(Feb. 20~Mar. 20)

Relationships will be erratic this month. You need to get out and have some fun to reduce tension. Travel and creative hobbies will be your best outlet. Accept the inevitable and continue to do your job. Your luckiest events this month will occur on a Tuesday.



Crossword Answer

B	E	H	E	S	T	C	A	R	D
A	M	I	N	O	R	O	L	E	O
L	U	S	T	F	O	R	L	I	F
			R	A	D	I	O		
	L	E	E	R		P	R	O	F
J	I	V	E		P	U	S	H	U
O	N	E		C	A	P	A	T	E
B	U	R	S	A	R		T	R	O
	S	T	U	N		K	H	A	N
			N	O	S	I	R		
S	U	D	D	E	N	D	E	A	T
A	S	I	A		A	D	A	G	I
G	E	N	E		P	O	T	E	N

Volleyball Tournament Teams

Team Purple: Captain: Mekasha Telele. Alem Bayu, Negyat Asafew, Tigest Tsige, Iskendir Ali, Benson Freeman, Metku Argaw, Million Kassie, and Franklyn Fox.

Team Blue: Captain: Joe Dengler. Mike Parker, Stephanie Carney, Savannah Griffin, Katherine Smith, Zach Henry, Crystal Feltman, Sulial Sikong, and Chad Anderson.



Team Orange: Captain: Sierra VanWyk. Mimi Abebe, Mike DiCostanzo, Angelica Griffin, Jason Le, Jimmy Pia, and Apolenia Armenta.

Team Red: Captain: Tije LaJuan. Jaboil Nack, Assmamaw Amamaru, James Giltmag, Daniel Asefaw, Yuriy Trebushroy, Biniy Yemane, Krystina Henning, and Cheyanne Sebree.

Team Green: Captain: Sean McCoy. Trisha Simms, Henok Dermissie, Sulesyman Yusf, Tasha Desynadios, Jamie Roche, Samuel Nadew.



Dangers of Huffing

continued from page 6

The worst-case consequences are cardiac arrest (known as Sudden Sniffing Death syndrome) or suffocation due to lack of oxygen, but cumulative injury can occur as well. "With prolonged use, you can damage just about any organ in the body, including the brain, heart, lungs, liver, and kidneys," Shurtleff says.

Recognizing the Signs

Kids who are sniffing inhalants may appear to be in a drunken daze. Other common signs include chemical odors on the breath and paint stains on the face or hands, along with slurred speech and red, runny eyes.

Other warning flags include aerosol products that mysteriously go missing or quickly become empty.

How to Have the Talk

With kids trying huffing as early as fourth grade, it's never too early to raise the topic. When you're using a potentially harmful household product—painting a room, for example—take the opportunity to talk about the risks from inhaling the fumes. Point out the warning labels on the product.

You can also get the message across by talking about inhalants as poisons rather than drugs. "The word 'poison' says it all," Weiss says. "Parents and friends can point out that even though these are everyday legal products, they

become poisons if misused."

And don't make the mistake of thinking that inhalant abuse is just a guy thing, anyone is vulnerable.

(excerpted from an article originally published in *Better Homes and Gardens* magazine, November 2005.)

Pool Tournament Winners

Open Pool . . . Winners (1st; 2nd)

3/20/2006. . . . Jarrod Pimentel, Mike Fox
3/27/2006. . . . Brian Radeck; Daniel Asefaw
4/3/2006. . . . John Valbush; Mike Fox
4/17/2006. . . . Million Kassie; Ian Rogers

Men Winners (1st; 2nd)

3/21/2006. . . . Mike Fox, Jesse Lopez
4/11/2006. . . . Mike Fox; Dustin Ash
4/18/2006. . . . Ian Rogers; Abdirahman Ali

Women Winners (1st; 2nd)

3/15/2006. . . . Andria James; Christine Aderhold
3/22/2006. . . . Andria James; Ashley Haughton
3/29/2006. . . . Saundra Gonzales; Andria James
4/5/2006. . . . Michaela Diamond; Kristin Haynes
4/12/2006. . . . Andria James; Cheyanne Sebree

Coed Pool . . . Winners (1st; 2nd)

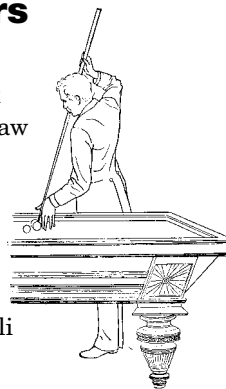
3/23/2006. . . . Mike Fox & Shayla Driskell;
. John Enick & Kristin Haynes
3/30/2006. . . . Brian Radek & Shayla Driskell;
. Ryan Fagen & Ashley DelNiro
4/6/2006. . . . Justin Wells & Saundra Gonzales;
. Alem Bayu & Million Kassie

Team Pool . . . Winners (1st; 2nd)

3/24/2006. . . . Chad Anderson & Rediet Yirdaw;
. Julio Verges & Jimmy Pia
3/31/2006. . . . Brian Radek & Casey Shannon;
. Lylu Yirdaw & Benson Freeman
4/7/2006. . . . Ryan Fagan & Ian Rogers;
. Matt Brown & Cody Fenton
4/14/2006. . . . Jessie Lopez & Justin Wells;
. Chris Chapa & Ashley Haughton

3-Ball Pool . . . Winners (1st; 2nd)

3/25/2006. . . . Mike Fox; Million Kassie
4/1/2006. . . . Ashley Houghton; Franklyn Fox
4/8/2006. . . . Mike Fox; Abdirahman Ali
4/15/2006. . . . Jesse Lopez; David Burk



Cascades Basketball Tournament



Team Purple (winners) shown above: Michael Springer, Leondis Glenn, Zach Henry, Carl Lee, and John Henry.



The other participating basketball teams were:

Team Green: Abram Erhart, Mike Decostanzo, Roger Pablo, Chad Anderson, Matt Brown, Angel Molina, and Ryan Craig.

Team Blue: Franklyn Fox, James Giltmag, Sultan Berry, Jason Croghan, Nick Jorkan, John Enick, and Ryan Bekkala.

Team Red: Mike Parker, Anthony Brewer, Daniel Asefaw, Jason Le, Dustin Ash, and Jeff Meats.

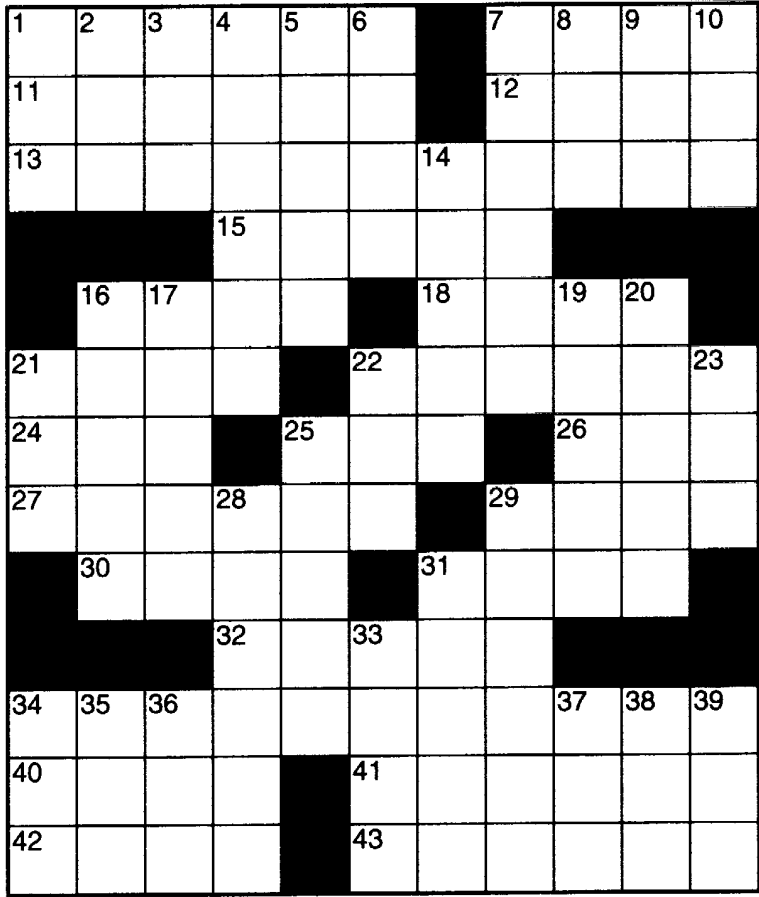


Sudoku Puzzle Answer

1	7	2	8	9	3	4	6	5
9	5	8	4	7	6	2	3	1
4	6	3	2	1	5	9	8	7
7	3	1	5	4	9	8	2	6
6	2	4	3	8	7	1	5	9
8	9	5	6	2	1	7	4	3
3	4	7	9	6	8	5	1	2
2	1	6	7	5	4	3	9	8
5	8	9	1	3	2	6	7	4



Crossword Puzzle



answer on page 6

- ACROSS**

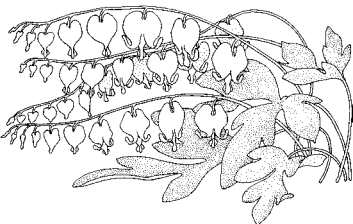
 - 1 Command
 - 7 King or queen
 - 11 Musical key
 - 12 Bread spread
 - 13 Kirk Douglas movie
 - 15 Ham's need
 - 16 Lascivious look
 - 18 Head of the class
 - 21 Early jazz
 - 22 Workout unit
 - 24 Singleton
 - 25 Beanie
 - 26 Had a bite
 - 27 Tuition collector
 - 29 Easy gait
 - 30 Take by surprise
 - 31 Genghis ____
 - 32 Polite denial
 - 34 Jean-Claude Van Damme movie
- 40 Land east of the Urals
 - 41 Slowly, in music
 - 42 Heredity unit
 - 43 Packing a wallop

DOWN

 - 1 Dance, in France
 - 2 Flightless bird
 - 3 Part of HRH
 - 4 Menu choice
 - 5 To date
 - 6 Stamped on
 - 7 Jockey's garb
 - 8 Actress MacGraw
 - 9 Sports judge
 - 10 Buck's mate
 - 14 Tatter
 - 16 Lucy's brother
 - 17 Tennis star Chris
 - 19 Butler's wife
 - 20 Sleeping mattress
- 21 Chore
 - 22 Duffer's dream
 - 23 Favorite
 - 25 Kayak's kin
 - 28 Dessert treat
 - 29 Warning of trouble
 - 31 Boy, slangily
 - 33 Easy task
 - 34 Droop
 - 35 Take advantage of
 - 36 Noisy commotion
 - 37 Epoch
 - 38 Badge material
 - 39 Stolen

Spring Is Here! Can Summer Be Far Away?

When you feel tired or frustrated, just looking into the dear little face of a flower will help you find peace of mind. New plants need to be kept evenly moist as the days get warmer. Keeping the weeds out of your garden will help the plants grow stronger.



MAY ACTIVITIES

Sign up for upcoming Rec Trips on the Monday before, at 4 PM, in the Rec! See posted Calendar for times...

1 Mon	Open Pool Arts & Crafts Bingo	12 Fri	Team Pool	25 Thu	Co-ed Pool
2 Tue	Men's Pool Arts & Crafts Barnes & Noble	13 Sat	3 Ball Pool Seattle Sounders Soccer	26 Fri	Team Pool
3 Wed	Women's Pool Arts & Crafts New Movie Movie Trip	14 Sun	Laser Tag, Go Carts, Funtasia Arts & Crafts	27 Sat	3 Ball Pool Bowling
4 Thu	Co-ed Pool	15 Mon	Open Pool Arts & Crafts Bingo	28 Sun	Cold Stone Ice Cream Arts & Crafts
5 Fri	Team Pool	16 Tue	Men's Pool Arts & Crafts Barnes & Noble	29 Mon	Open Pool Arts & Crafts Bingo
6 Sat	3 Ball Pool Swimming	17 Wed	Women's Pool Arts & Crafts New Movie Movie Trip	30 Tue	Men's Pool Arts & Crafts Barnes & Noble
7 Sun	Mariners vs Cleveland Arts & Crafts	18 Thu	Co-ed Pool	31 Wed	Women's Pool Arts & Crafts New Movie Movie Trip
8 Mon	Open Pool Arts & Crafts Bingo	19 Fri	Team Pool	<div> <p>RECREATION BUILDING</p> <p>Sun.12:30 - 8:00 PM</p> <p>Mon.....6:00 - 9:30 PM</p> <p>Tues.4:00 - 9:30 PM</p> <p>Wed.3:00 - 9:30 PM</p> <p>Thurs.3:00 - 9:30 PM</p> <p>Fri..... 6:00 - 11:30 PM</p> <p>Sat..... 12:30 - 11:30 PM</p> <p>CULTURAL CENTER</p> <p>Sun.12:30 - 9:30 PM</p> <p>Mon.....6:00 - 9:30 PM</p> <p>Tues.4:00 - 9:30 PM</p> <p>Wed.....3:00 - 9:30 PM</p> <p>Thurs.3:00 - 9:30 PM</p> <p>Fri..... 6:00 - 11:30 PM</p> <p>Sat..... 12:30 - 11:30 PM</p> <p>Both buildings are closed Monday~Friday from 5-6 PM & Saturday~Sunday 4:45-5:45 PM.</p> </div>	
9 Tue	Men's Pool Arts & Crafts Cold Stone Ice Cream	20 Sat	3 Ball Pool Bike Ride & Dinner		
10 Wed	Women's Pool Arts & Crafts New Movie Movie Trip	21 Sun	Experience Music Project Arts & Crafts		
11 Thu	Co-ed Pool	22 Mon	Open Pool Arts & Crafts Bingo		
		23 Tue	Men's Pool Arts & Crafts Everyday Music		
		24 Wed	Women's Pool Arts & Crafts New Movie Movie Trip		



To solve sudoku puzzles, all you need to know is one simple rule. Fill in the boxes so that each of the nine rows, each of the nine columns, and each of the nine 3x3 sections contain all the numbers from 1 to 9.

answer on page 7

Sudoku Puzzle

	7		8				6	5
		8			6	2		
					5	9		7
7							2	
	2	4	3		7	1	5	
	9							3
3		7	9					
		6	7			3		
5	8				2		7	